

SPIN

Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

Dates: (1 day per week) (10 classes-45 mins.)

Mon., 10:30-11:30 a.m., July 9-Sept. 24 (#14460)

Tues., 6-7 p.m., July 10-Sept. 18 (RM) (#14463)

Tues., 7:30-8:15 p.m., July 10-Sept. 18 (D) (#14462)

Thurs., 6-7 p.m., July 12-Sept. 20 (RM) (#14461)

Thurs., 7:15-8 p.m., July 12-Sept. 20 (D) (#14459)

Sat., 8:15-9 a.m., July 14-Sept. 22 (MJ) (#14464)

Fee: 1/week (45 mins.) \$46R/\$49NR/\$34M

Dates: (2 days per week) (20 classes-45 mins.)

Mon./Wed., 6:15-7 p.m., July 9-Sept. 24 (MJ) (#14559)

Tues./Thurs., 5:45-6:30 a.m., July 10-Sept. 20 (MJ) (#14561)

Location: Friendship Center, Room 115

Fee: 2/week (45 mins.) \$78R/\$81NR/\$68M

Instructor Code: (MJ) Mary Jo, (D) Deb, (RM) Roxanne, (M) Michelle

Spinning w/Karen (Ages 16+) (20 classes)

Build up strength and endurance in this activity that can burn over 600 calories per hour.

Dates: Mon./Fri., 9:30-10:30 a.m., July 9-Sept. 24

Location: Friendship Center, Room 115

Fee: \$95R/\$98NR/\$75M (#14458)

Senior Spin w/Russ (Ages 60+ or active adults) (20 classes)

Designed especially for seniors and/or active adult population using senior spin program.

Dates: Mon./Wed., 8:45-9:30 a.m., July 9-Sept. 24

Location: Friendship Center, Room 115

Fee: \$69R/\$72NR/\$51M (#14338)

Wellness Coach Training w/Staff

Consider the option of continued training to keep you on track to obtaining those goals in the most effective manner. We will work with you to develop a health and fitness program with your personal goals in mind.

Dates: By appointment

Location: Friendship Center

Fee: \$42M/\$47NM (per hour)

\$29M/\$34NM (per ½ hour) (#14311)

Fitness Assessment w/Wellness Coach

Help set your goals by having an assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$16R/\$19NR/\$12M (#14312)

ADULT SPORTS/LEISURE

Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted. Must pre-register! Limited space. Coed.

Dates: Wed., 7-9 p.m., July 11-Sept. 19 (#14355)

Sat., 10 a.m.-12 p.m., July 14 -Sept. 22 (#14354)

Location: Friendship Center, Gym #2/#3

Fee: \$65R/\$70NR/Free to members!

Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

Dates: Tues., 8-9:30 p.m., July 10-Sept. 18 (#14352)

Thurs., 7-9 p.m., July 12-Sept. 20 (#14351)

-OR- Sat., 8:30-10 a.m., July 14-Sept. 22 (#14350)

Location: Friendship Center, Gym #2/#3

Fee: \$65R/\$70NR/Free to Members!

Adult Golf w/Bumble Bee (4 classes)

Beginner: New golfer instruction on grip, stance, alignment, full swing, putting and chipping. Information on equipment and terminology. Clubs provided.

Dates: Tues., 7-8 p.m., June 12-July 3 (#14103)

Mon., 7-8 p.m., July 9-30 (#14108)

Sun., 1-2 p.m., Aug. 12-Sept. 9 (#14105)

Advanced Beginner: Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

Dates: Mon., 6-7 p.m., June 4-25 (#14111)

Tues., 6-7 p.m., July 17-Aug. 7 (#14112)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Total Body Workout or *Yoga For Older Adults/Silver and Fit

Silver and Fit is a total-body senior workout program for active individuals. This class combines aerobic, flexibility, and strength training in a positive, energizing environment. We include exercises that are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. Get ready for a head-to-toe workout!

Dates: Mon., 3:30-4:30 p.m., July 9-Sept. 24 (#14549)

*Tues., 12:30-1:30 p.m., July 10-Sept. 18 (#14550) Yoga

Wed., 3:30-4:30 p.m., July 11-Sept. 19 (#14552)

Thurs., 12:30-1:30 p.m., July 12-Sept. 20 (#14551)

Fri., 11 a.m.-12 p.m., July 13-Sept. 21 (#14553)

Location: Friendship Center, Room 118

Fee: Silver and Fit Members Free

Fee: \$46R/\$49NR/\$34M (10 classes)

ADULT SPORTS/LEISURE (CONT.)

Adult & Advanced Jr. Tennis w/CPTS (3 classes)

Raise their level of play with fast paced drills, situation/match play.

Dates: Mon., 6-7:30 p.m., June 4-18 (#14192)

Mon., 6-7:30 p.m., July 9-23 (#14193)

Mon., 6-7:30 p.m., Aug. 6-20 (#14194)

Location: Brightbill Park

Fee: \$36R/\$39NR

Why Can't I Lose Weight? w/Dr. Ida Page

Got Belly Fat? This PLAN takes into account hormone imbalances, yeast issues, liver and digestive weaknesses; it gets to the heart of the problem. Simple eating plan, light exercise recommended. No or low hunger or cravings, higher energy and clearer thinking. Identifies food intolerances and trigger foods.

Date: Thursday, June 14, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: Free to members!/\$5 non-member (#14533)

Hapkido w/Master Fox (Ages 16+) (6 classes)

Self-defense, breakaway escape techniques, submission and joint lock techniques.

Dates: Thurs., 7:30-8:30 p.m., July 12-Aug. 16

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$35R/\$40NR (#14426)

Women's Self Defense (Ages 13+) (5 classes)

Geared to develop defensive techniques.

Dates: Tues., 7-8 p.m., July 10-Aug. 7

Location: Friendship Center, Room 112

Fee: \$47R/\$52NR/\$35M (#14427)

The Exclusive "Max Makeover" w/Bentz

16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, exercise prescription, free nutrition plan, customized exercise DVD, nutrition book and training log.

Date: By appointment

Location: Friendship Center

Fee: Friendship Center Training Fees



Tai Chi Simplified w/J. Jackson (11+/no age limit!) (10 classes)

Tai Chi 27 short form movements based on the Yang Style. Soft high movements are done slowly with emphasis on posture, balance and natural breathing in harmony w/body movements.

Dates: Thurs., 10-11 a.m., July 12-Sept. 20

Location: Friendship Center, Room 118

Fee: \$70R/\$73NR/\$50M (#14344)

Tai Chi Style Essential w/J. Jackson (11+/no age limit!) (10 classes)

Grand Master Chen Zhenglei's Essential 18 movements of Chen Style Tai Chi. Low movements done with a balance of fast/slow, hard/soft spiraling movements.

Dates: Thurs., 7:30-8:30 p.m., July 12-Sept. 20

Location: Friendship Center, Room 112

Fee: \$70R/\$73NR/\$50M (#14347)

"How to Coupon Shop" (4 classes)

Learn how to successfully use coupons, sales, loyalty programs, and rebates to save money and reduce your monthly food/non-food bill by as much as 25% or more! Learn strategies for your daily or emergency needs. Discover how to use the Internet to further your couponing success.

Dates: Thurs., 6:30-8 p.m., July 12-August 2

Location: Friendship Center, Conf. Room

Fee: \$18R/\$20NR/\$15M (#14524)

AARP Driver Safety Program (Ages 55+)

Full course.

Dates: Wed. & Fri., June 6 and 8, 12-4 p.m.

Location: Friendship Center, Room 112

Fee: \$12 AARP Member/\$14 Non-member AARP

Make checks payable: AARP

Must stop by the Friendship Center to register.

Registration deadline: June 1

Disney Seminar w/Sherry Hess

Discover topics of resorts, dining plan, photo pass, children's activities, tours, Magical Express, transportation of the "world", park passes/hopper & Disney Cruise. Seats limited. College of Disney Knowledge grad.

Date: Tuesday, July 17, 7-9 p.m.

Location: Friendship Center, Room 106

Fee: Free to Members/\$3NM (#14340)

Fit Box w/Bentz (8 classes)

Combo of total body strength training with a blend of martial arts type moves.

Dates: Mon., 6:30-7:30 p.m., July 9-Aug. 27

Location: Max Fitness, LLC, 3401 N. 6th St., Hbg.

Fee: \$55R/\$60NR (#14527)

